

UNITY DAILY WORD

A PAGE OF INSPIRATION FOR EACH DAY



HAPPINESS
HEALTH
PROSPERITY

June, 1932

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May 20 to June 19

The Christ mind inspires me with wisdom and understanding.

I am thrilled with the joy of the Christ mind, and every nerve, muscle, and cell tingles with the Spirit of health.

The joy of the Spirit of plenty fills my coffers to overflowing.

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UNITY DAILY WORD

A little companion that daily will direct your steps
to the sun-tipped heights in whose glory you will behold
yourself as a son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

REVELATION

Draw the heavy
curtain of self aside
and behold God in
the act of creation.

Freud

HARK TO THE CHANT OF THE HIGH HILLS

High hills are singing songs to me,
Enticing me to come and play,
To come where sunrise first is seen,
To first behold the break of day;
And, as they sing, "Oh, higher come,"
I feel that I must drop from mind
The many little darkened thoughts
That seem to limit and to bind.

High hills are chanting anthems gay—
The song of peace, the song of joy;
I drop from mind all gloom, despair;
High hills are something to enjoy.
If hills have such persuasive chants,
And can inspire me with their voice,
Then, in my mind of nobler things,
I, too, can make the world rejoice.

For, when I find a soul distressed
I seek the high hills in my mind;
I seek the mountain peaks of prayer
And, on the heights, I'm sure to find
They chant the song, "Oh, higher come."
And, as I dwell on higher things,
I find that those for whom I pray
Find in themselves that something sings.

WITHSTAND THE CHALLENGE



IF THERE comes to you a situation in which your understanding and faith are put to a test, meet the challenge. If you have been living in the consciousness that external things cannot affect your happiness, if you have been declaring that adverse beliefs have no power over you, then prove that you can withstand all adverse claims. The principles of Truth that you have studied are not to be restricted in application to times of optimism, perfect health, and prosperity. When a testing time comes, then is the time to test your understanding and your faith.

The science of mathematics is not to be used or enjoyed when we have nothing to compute. We need to use our understanding of mathematics when we have a problem in hand! Our understanding of higher Truth—the understanding that the power of God in us is mightier than the false claims of so-called external powers—is to be utilized in times of necessity. The experiences that come to us are but challenges to our faith.

If you have been living in the understanding that other persons cannot affect your happiness and then, suddenly, comes to you the disturbing thought that they can do so, you have a situation in mind to meet. Remember that this or that person does not enter into the circumstance; you are dealing entirely with your own reactions. You are dealing with thoughts representative of persons.

In any personal situation, you should never become angry with others or attempt to discipline or mistreat them. Your only duty is to handle your own thought. If you believe that others can harm you, then they will appear to do so. If you know the fact that they cannot, then they cannot. Through the power of Truth you thus withstand the claim of personal consciousness.

If you have been affirming the Christ Truth that fear has no power over you, then when the thought of fear comes to your consciousness you must witness the Christ Truth surely and completely annihilate the thought of fear. If you allow the thought of fear to make you afraid, you cannot witness your salvation. If you waver in faith, you will but give the strength of your thought to fear—and help to feed it.

If you have been establishing yourself in the consciousness that you are a child of God, then if the thought that you are a thing of weakness, disease, or imperfection comes to you, you must see that this thought is destroyed. If you are a child of God, you are His child once and forever. You are a child of God as truly when the false belief in disease comes to you as you are when the reality is in mind.

If you have been living in the realization that your heavenly Father—God in the midst of you—supplies your every need, then you must be loyal to this realization when the propaganda of lack, panic, and failure is in the air. Your

heavenly Father will supply your needs when you are in need.

When you let one little thought of doubt enter your mind it becomes an entering wedge for other doubts. The philosophy of evil that men have originated and believed, the philosophy of the presence and power of adversity, begins to thrive in your consciousness if you do not meet its challenge. When doubt enters in, your feet become enmeshed in the old web of false human thought. If you begin to try to reason things out according to man's philosophy of evil, you weaken your grasp upon the philosophy of God, the science of Truth.

When doubt and fear enter your mind, they bring with them all their relatives—inharmony, hate, disease, sorrow, failure. Your strength and protection lie in positive thinking—in thinking thoughts of good, peace, joy, love, health, and plenty. Remember that you are to think these not because they are pleasant thoughts, but because they are Truth. If you can keep the idea of Truth uppermost in your mind, you can more easily resist the claim of adverse beliefs.

Withstand the challenge that comes to you, seize the opportunity to prove Truth, by standing firm in the realization that God is all in all. If you can grasp the omnipotence of peace, love, life, joy, and plenty—the omnipotence of God, you will no longer believe in the power of adverse beliefs.

MAN, THE SUN OF GOD



GOD, in the midst of man, is man's light, joy, and inspiration. Without man, God would not shine forth; man gives God a vehicle for expression. Without God, man would lack the inner light; God gives man his radiance.

A Christian may claim to be a son of God, but until he gains a true understanding of his divine "sunship" he may be darkened in his thought, in countenance, and in body. When he is no longer dual-minded, no longer seeing both good and evil, his consciousness of light manifests in his body so that it is full of light. The aura of light seen about the person of a holy man but proclaims his inner consciousness of light, his divine sunship.

God shines in our heart with His radiant glory, even as upon the face of Jesus Christ, when in our heart we sense His presence and behold His light. As we develop and advance in our spiritual understanding, we shall come into a clearer understanding of our divine sunship, God's presence, the inner light. The inner radiance will be the badge of our advancement. To the extent that we shine with it, we shall glorify God.

As sons of heaven, sons of God, we are His children of light. There can be no darkness in us—no belief in ignorance, hate, fear, disease, or lack, when we shine with His presence and light. His presence is the presence of peace, love, joy, and radiant substance. Somehow we never think of the individual with black

thoughts, a darkened countenance, a presence of gloom, as having found the light of His indwelling Spirit. We might even at times think of him as a child of darkness, but, in the sight of God, he is a child of light.

Man is the sun of God and through him God projects and radiates the warmth, brightness, and glory of His love. Just as heat and light come from the celestial sun because of the intense heat and power at its center, so warmth and light emanate from spiritual man because of the power of the Spirit of God at his heart.

Do things of the external world at times distract your attention from the divine presence of light within you? Does the world about you seem to be brighter than the Spirit of God within you? Do you often think of yourself as other than the son of God, the sun of His glory? You need to think less of external things and more of your divine sunship, the presence of God's light within you.

The light of God within you is your illumination, wisdom, inspiration, and your source of revelation. You cannot be ignorant or in the dark when you realize this fact. You cannot lack light to guide, direct, and govern you when you are conscious of the presence of God within and about you. His light is the light of your understanding.

Does not the word "sunship" explain to you a little clearer just what you enjoy as a son of God? We can define our newly coined word,

sunship, as that state of man's being in which he appreciates the presence of God's light within him. He may think of himself as a son of God and still not feel the radiance of God's presence. When he realizes that he is the sun of God, he feels that deep down within him God is sending forth His warmth and rays of light and love.

As the sun of God you must be optimistic. The sunshine of His presence must reveal itself upon your countenance. Your smile will be the outlet of God's sunshine. You will shine with His glory upon your countenance. The light of heaven will break forth upon your face, and those about you will see it mirrored on your countenance. Then can you know that truly the Lord has made His face to shine upon you, has lifted up His countenance upon you, and given you peace.

God's light will be reflected all over the world and to the ends of the earth when His light is reflected from the hearts and faces of His children. Darkened faces will be no more. His light in men will be the sun that rises with healing in its wings. His light shall break forth like the morning sun, and healing shall come forth speedily.

The following Bible passages have been paraphrased in this message: Matt. 6:22; II Cor. 4:6; John 12:36; Isa. 60:20; Num. 6:24; I John 2:10; Mal. 4:2; II Sam. 22:29; Psalms 4:6; Isa. 9:2; Isa. 58:8.

BEING "UPHEARTED"

DO YOU not admire those who are uphearted, those whose hearts are never downcast by the events and problems of the world about them, those who lift their hearts continually in praise, and go their way rejoicing, spreading their message of upheartedness? The uphearted person is one who moves through life buoyed up by something within him that lifts him above discouragement and defeat. His heart moves along as on wings of song.

Many persons could easily summarize those things and circumstances which make them downhearted. They would place first, perhaps, events centering around the actions of other persons. We can readily agree that more persons are unhappy and downhearted because of the actions of others than from any other reason. One way for them to be uphearted, then, lies in their freeing themselves from the belief that others can make them unhappy.

There are those who become downhearted because they meet some little rebuff in life. Personal plans are thwarted. Little love affairs do not turn out as expected. Business plans meet defeat. We can see that personal plans often terminate in disappointment. The person inclined to be downhearted must free himself from all tendency to be disappointed if personal plans go awry. We can see that to be uphearted we must not be harmed by defeat or the belief in failure. If our efforts are not rewarded as we think they should be, then our

efforts have to be renewed and reinforced by our sure and certain upheartedness.

Adverse thinking—believing in the so-called power of fear and failure—makes for downheartedness. Conversely, optimistic thinking makes for upheartedness. The uphearted individual lives with his heart in heaven, since his joy is of heavenly origin. His life centers around his innate joy. Things of the world about him have no effect upon him.

“Let us lift up our heart with our hands unto God in the heavens.” Let us live with heart in heaven, with thoughts of God, in joy unchangeable, established in God. When we learn to keep our heart established in God—Truth, love, joy, and life—nothing in all this world can make us unhappy or downhearted.

The uphearted person is unmoved and undefeated by events of the world about him. He is unharmed, unaffected, by what other persons think, say, or do, or by what they fail to do. His heart is lifted up, and they cannot pull it down. He has learned to live in the joy of heaven, and nothing in all the world can destroy his heavenly joy.

Many a person starts the day with a song in his heart only to be cast down early in the day by an unloving word or glance. If man did not have the inner assurance of being mightier than a word, what would there be to him? If he would give to other persons the right to take his joy from him just by their speaking one word, truly he would give them magical

power. Were some one to say to him, "I can speak one word to you and cause you to be transformed into a creature of unhappiness for twenty-four hours," he would absolutely refuse to be so influenced. This very transformation, however, happens again and again.

"His heart was lifted up in the ways of Jehovah." The individual who can feel that his thought and his life are detached from the persons and things about him need not fear becoming downhearted. He need not fear that what another says or does will destroy his happiness. He has the inner assurance that things of the outer world cannot take from him the presence of God within his breast, nor his consciousness of this presence.

Does this message, by any chance, find you disheartened or discouraged? Have you been thinking that others have the power to make you downhearted? Have you thought that you would be happier if others would not do this or that? Have you believed that physical things can keep you from enjoying the joy of heaven? Then, to you, this message is especially sent. We ask you to change your thought, to cease to think of the power of external things, and to meditate upon the presence of God within you. We ask you to reëstimate the things of life.

Resolve today to be upbeat the whole day long, being firm in your conviction that persons and things have no power over you. Find within yourself the wellspring of joy.

PRAYER OF RECOGNITION

First look to the Divine One standing Solitary and Glorious in the midst of the people of the New Age, saying boldly:

I see you transcending all human conditions, unweighted by matter, unshadowed by fear; free, flawless, triumphant. I look now to the Son of God, the Angel of God's Presence, the cure and peace and strength of all mankind. I look to Everlasting Life, shedding forth the radiance of the Everlasting Kingdom. All are gathered into life ever renewing, into health ever restoring, into wisdom ever brightening and rejoicing—gathered and upborne in beauty and love and might by Thee, O Free Spirit, victorious Christ Jesus facing me, with face shining as the sun and raiment white as the light, transfiguring the whole earth with living triumph!—*Emma Curtis Hopkins.*

*I lose sight of all anxiety and worry,
because I have placed my trust in God,
the good.*



WE RISE out of all tendency to worry when our mind is so charged with trust in God that no anxious thought can have place. We cannot worry when we trust God. We cannot believe that evil is coming to pass when we realize that God is bringing good into our life.

Anxiety is based upon the belief that, somehow, something will interfere with the work of God and His action will be delayed. The anxious person believes that things of the outer world will prove too much for the power of God within him. He needs to realize that God is omnipotent. Nothing in all this world can cause him to be anxious when he realizes this truth.

If, today, you are worried, change your thought. Cease to think of persons, things, or circumstances as having power over you. Instead of thinking that something of the external world can master you, realize that Christ in the midst of you is master. Instead of giving in to the habit of worry, establish the habit of trust, of believing that good will come to pass.

Be not therefore anxious for the morrow.—*Matt.*
6:34.

*Realizing the omnipresence of God,
I know that naught but good can exist
in my world.*



ACCORDING to the science of Spirit, there can be nothing in our world but God and His good. When we know that God is everywhere present, we know that in Truth there is no place for that which man calls evil. Realizing that God as good, peace, love, and health is omnipresent in our world, we see that evil, inharmony, hate, fear, and disease can have no place.

In the reality of Spirit, God, the good, alone exists. When we keep our mind and our vision centered upon Him, only good can manifest. When our thought is placed entirely upon God, we cannot be related to anything but that which is like Him or that which proceeds from Him.

To those who realize the omnipresence of God, there can be nothing but good. Nothing can come into their lives but the presence of God. Nothing can exist for them but that which is altogether good. They live in a world in which God is enthroned, and they have no other gods before them. Their world becomes God's world, filled with His manifestation.

To those of spiritual vision, the only reality in all the world is God and the good emanating from Him.

Yea, I have a goodly heritage.—*Psalms 16:6.*

*I no longer doubt the power of God,
and I have faith that He is right now
manifesting good in my life.*



FAITH comes to us when we cease to think of external things as having power over us and realize that God, having all power, will bring good to pass in our life. We increase our faith in God as we realize that in reality there is only God. Those who believe that there is some presence and power other than God have their faith weakened and divided.

The doubter shows considerable faith in evil. He doubts Christian principles because he believes that evil has presence and power. His faith in God can be increased only to the extent that he is willing to cease believing in something as a possible rival or competitor to God.

The Christian who doubts God's all-power is an anomaly. Believed to think only of one God, he in his heart of hearts believes in gods many. In testing times he is uncertain of the power of God, which in happier seasons he has generously proclaimed. He doubts the omnipotence of God because he thinks that in some way or other there are other gods to consider.

Yet am I with you in the spirit, joying and beholding your order, and the steadfastness of your faith in Christ.—Col. 2:5.

In the consciousness of Christ within me, I am liberated from every belief in bondage. I am free!



OUR FREEDOM is assured when we cast from mind those race beliefs which hold us in bondage. How surprising it is that for so long a time we have chained ourselves by adverse beliefs! It would seem sometimes that man, while desiring freedom, is at the same time most busily engaged in thinking thoughts that enslave him to adverse conditions.

Freedom can come to us in only one way: through the consciousness or realization of freedom. Those who think that they are bound or limited by external conditions often try to escape the sight of those external things which seem to affect them in order to be happy. They think that a change in external things would bring them a change of mind. They need to realize that change in their mental attitude alone can change the unhappy effect of their environment or the things about them.

Jesus brought a message of freedom to mankind that delivered man from the woes to which he was in bondage. Jesus knew that this freedom must first be mental, so He exhorted man to "know the truth."

Ye shall know the truth, and the truth shall make you free.—*John 8:32.*

I rejoice because Christ in me rejoices.



WERE we to think less of the external things that seem to take our joy from us and think more of the inner presence of joy, we should find our joy overflowing. That which destroys our joy is the belief that persons, things, and circumstances can affect us. That which quickens us to a realization of joy is the consciousness that Christ, the true source of joy, is in our very midst.

Would you be joyful? Would you have that consciousness of joy which never diminishes? Would you know a joy unaffected by what other persons think, say, or do? Then you must look to Christ within you. You must realize that in reality nothing in all the world can hurt or harm you.

The joy of Christ within us is the very joy of heaven. It is a joy unchanged by the appearance of things. It is a joy that remains constant in the face of outer changes. Could the joy of Christ be otherwise? Could Christ fulfill our highest expectations if we could not turn to Him in time of sorrow and depression and let Him fill us with joy? Yes, Christ is our joy, and nothing in all this world can affect us when we realize this truth.

Rejoice always.—1 Thess. 5:16.

I am free from all sense of impatience because I firmly believe that God is even now taking care of all my affairs.

WE LOSE all tendency to be impatient when we know that no harm can come to us or to our affairs whenever we place ourselves in God's loving care. We are not impatient when we patiently trust God. We are not impatient when we know that God is at work at this very time quickening us to the realization of perfect peace, health, and plenty.

The impatient person tries to cause God's work to be done a little faster. He wants God's work to be done even before his own consciousness is prepared to receive it. He fears that some power other than God will prove too much for God's omnipotence. He thinks of time as conspiring against God.

The best remedy for impatience is trust. When we feel that we are becoming impatient, when external things seem to overpower us, when time seems to be a factor in our demonstration, we may know that we need more trust in God. Impatience is a characteristic of the consciousness that shows considerable belief in the power of external things and doubt in the omnipotence of God.

Bring forth fruit with patience.—*Luke 8:15.*

I am eternally alive in the life of Christ within me, which is radiant, eternal, deathless.



OUR living in the realization that Christ within us is our life brings us in touch with inexhaustible and never ending life. We cannot lack vitality when we lay hold of this life within us. We cannot think of life as limited in any way when we realize that the life of Christ within us is enduring and eternal.

The life of Christ does not die. As long as we keep our vision on life, we live. As long as we realize our oneness with life, we are alive. We turn our attention to the fount of life within us and become conscious of more life.

Oftentimes the belief that work, social obligations, and special demands upon our time can fatigue us must be rooted from consciousness that we may be sure that we are not harboring in mind any limitation upon life. We reach the point where we know that nothing of the external world can deplete us or rob us of vitality and life. We find that the life of Christ within us is sufficient for every demand.

The inner springs of life can never cease flowing. As we think of life we grow into a larger consciousness of it.

Christ liveth in me: and that *life* which I now live in the flesh I live in faith.—*Gal. 2:20.*

*My body is the embodiment of peace,
life, health, and strength.*



ACCORDING to practical Christianity, your body is not a habitation of weakness and disease. Your body in Truth is Christ's—the embodiment of His peace, love, power, and life. Cease to think of your body as material and physical, as limited by material and physical laws. Think of it as it exists in Truth.

The consciousness of the presence of God, and of unity with Him, raised Jesus from belief in mortality. His body was thus lifted from mortality to immortality. Those who believe that their bodies are material, physical, and mortal must allow them to be raised, also, through the understanding that the same power that raised Jesus is at work raising them.

The spiritualized body is the embodiment of spiritual truth. One's body manifests in tangible form one's deeper beliefs and convictions. If a person believes in imperfection and disease, he expresses these in his body. If he knows Truth as it relates to his body, then he manifests Truth and the work of body spiritualization takes place in him.

He that raised up Christ Jesus from the dead shall give life also to your mortal bodies.—*Rom. 8:11.*

*Each day I am renewed through the
renewing power of Spirit within me.*

WE ARE renewed through the realization that within us is a power that is ever at work renewing and regenerating us. If our mind is not open and receptive to this principle of Truth, if we believe in age and in growing old, then our belief in age objectifies. Such a belief can be neutralized only through the consciousness of eternal newness.

To be renewed day by day, we must daily enter into the realization that we have within us that divine power which renews us. Every belief that would tend to hold us to crystallized conditions must be overcome. Every thought that would bind us to age must be cast from mind. Christ's renewing work must be sensed and experienced.

The renewing power of Spirit must have our cooperation. Although this power is ever at work, we do not feel it if our mind is set against it through our believing in adverse conditions. We need to think with Spirit in order to feel its renewing power. We have to sense its presence in order to realize that we are daily renewed.

The renewing, regenerating power of Spirit renews us in mind and in body.

Jehovah's lovingkindnesses . . . are new every morning.—*Lam. 3:23.*

The law of God, the principle of good, sets me free from all belief in the so-called laws of disease and failure. I am governed by the law of good.



HERE IS but one law in Truth, the law of good. When we come into an understanding of Truth, we cease to believe in the reality of many laws, or in laws that are in opposition to divine law. We know that the one law of good is the law of heaven and that, if we place ourselves under God's government, we are under His law.

The principle of Truth knows no opposite. We cannot conceive of a principle of falsehood, a principle of negation. Not only is the word "principle" almost synonymous with the word "law," but principle is also closely related to Truth or righteousness. When we speak of the principle of a thing or deed, we refer to uprightness, justice, and honor.

The race man believes in many adverse laws and thinks of himself as under bondage to them. Eventually he finds that laws of adversity, disease, and failure lack the nature of true law in that they are inconstant. The law of God, is powerful to establish itself in place of the laws of adversity.

He that looketh into the perfect law, the law of liberty . . . shall be blessed.—James 1:25.

I think only such thoughts as are in keeping with the Christ mind—thoughts of peace, love, joy, health, and plenty.



THE CHRIST MIND is our standard of thinking. If a thought does not measure up to this standard, we should not think it. Thus all thoughts of fear, hate, disease, and failure, because they are not in keeping with the Christ mind, should be excluded from consciousness.

The Christ mind is the ideal mind. When man reaches that perfection in which his thoughts are perfectly attuned to Truth, then he may be said to function in the Christ mind. Even as Christ to us is the ideal man, so is His consciousness the ideal consciousness. He becomes the perfect pattern for our own life, and His mind is the ideal to which we aspire in our thinking.

Thoughts of light, peace, joy, love, life, and success emanate from Christ. We enter the Christ consciousness through these thoughts. We enter into that high realization in which we find ourselves free from thoughts of ignorance, hate, fear, disease, poverty, and death.

By having the Christ mind as our ideal, we have something by which we can measure our thoughts.

Bringing every thought into captivity to the obedience of Christ.—*II Cor. 10:5.*



CHILD OF GOD, I BLESS YOU!

CHILD OF GOD, I BLESS YOU

I bless you with a mind that's pure;

No adverse thought can harm you.

I bless you with a vision clear,

To see the good about you.

I bless you with the light of Truth;

The dark cannot surround you.

I bless you with the peace of God,

And harmony infolds you.

I bless you with a heart of love;

Nor hate nor fear can reach you.

I bless you with high heaven's joy;

No sadness can depress you.

I bless you with long life and health;

Disease can never touch you.

I bless you with all blessings good,

And want can never claim you.

The love of Christ, which sees beyond personal limitations, is now active in my heart.



CHRIST'S love does not behold evil. His love does not hold any one to personal limitations. He sees beyond the seeming evil and beholds the good. He looks back of the appearance of physical limitation and beholds Spirit.

Perfect love has within it no place for hate, jealousy, fear, or doubt. When our love is perfected, we shall not allow ourselves to be in bondage to adverse beliefs about ourselves or others. In love, there can be no harsh criticism, no personal animosity, no hate, no fear. Love is from heaven, and is expressed through the heart of man as he becomes receptive to it.

If you would love, loving through the high spiritual consciousness, then you must cast out those negative thoughts which try to work against love. You must enter that high realization in which love reigns supreme and wherein there is naught but love. Every thought contrary to love but serves to keep you from realizing perfect love. Every belief in some power other than the power of love but keeps you from entering the perfect realization of love.

Love is mighty to do all things.

Forbearing one another in love.—*Eph. 4:2.*

The peace of God is now expressed through me, and my environment is one of peace.



ALL THE WORLD in some way or other is looking for perfect peace—peace in mind, in body, or in environment. Man always idealizes the perfect harmony of heaven as something that he would bring into his own life and affairs. At times he senses this peace in such a way as to know that he can lay hold of it and cause it to manifest in his life.

Peace is devoid of all sense of worry, irritation, confusion, and disorder. Those who are peaceful are masters over those thoughts which would destroy peace. They realize that within them is something mightier than things of the external world. They know that nothing in the world about them can affect the peace of God within them.

In order to harmonize our environment, we must be so filled with peace that it just overflows into our affairs. That which is peaceful within us soon establishes itself in the world about us as perfect peace. Nothing inharmonious can exist in our environment when we know that perfect peace exists within us and in our world.

Now the God of peace . . . make you perfect in every good thing.—*Heb. 13:20, 21.*

The discerning power of Spirit gives me power to discern the true from the false, the good from evil. I have good judgment.

IN TODAY'S LESSON, we recognize the difference between that which is true and that which is not, that which is of Spirit and that which is not. We find that the one has worth according to spiritual values, while the other has a relative value according to human considerations alone.

That which is false or evil has a certain stamp of worthlessness put upon it by man. He sees the false as falling short of spiritual standards and, consequently, finds that he must exercise discernment. He finds that he must discern between health and disease, success and failure.

Do not be hasty in calling something evil. Look first for the good that may be present. Remember that your work is not to name things "evil," but to find the good. Good judgment lies in freeing yourself from the human tendency to live in a world of opposites, and in letting the judgment of Spirit within you be exercised. The judgment of Spirit always reveals the good and the true.

Execute the judgment of truth and peace in your gates.—*Zech. 8:16.*

All fear is cast out of me because I abide in the love and trust of God.

FEARLESSNESS and courage are man's divine birthright from God. If a man is afraid, he shows that he has not gained the higher understanding that gives him supreme courage. If he fears things about him, he is not established in the consciousness of the courage of Spirit within him.

To be afraid is to give power to external things. When we have courage we sense something within us as mightier than things about us. We are unafraid even in the presence of those things which have seemed to overpower us. True courage is born of the inner consciousness that is backed up by the presence of Christ, against whom nothing can prevail.

If you have feared some person or some external things in the past, free yourself today. Turn your thought away from persons and things. Cease to let your mind dwell upon the things that have made you afraid. Lay hold of infinite courage. Turn your thought to the presence of Christ within you.

There is within you that which knows no fear, that which can never be subjected to things about you.

Fear ye not, stand still, and see the salvation of Jehovah, which he will work for you to-day.
—Exod. 14:13.

I now abide in heaven—the consciousness of God's presence of peace, love, life, and plenty.



HEAVEN, to the student of practical Christianity, is that consciousness in which he finds himself in the presence of God, the presence of All-Good. He can realize this presence at any time and in any place, since God is ever with man. He must give up all belief in the reality of hell—the power of adverse belief.

To abide in heaven is to abide in the realization that we are unified with God's blessings here and now. To the extent that we believe ourselves to be separated from God or to lack His blessings, we find ourselves without the pale of heaven.

Heaven is something that man idealizes as his true estate. Every one believes in his heart of hearts that there is some ideal kingdom that he should claim as his own. No one believes that a life of ignorance, fear, sorrow, disease, and want is what God intended for him. Without this vision of something better and higher, man would never escape from adverse conditions. If he does not understand spiritual Truth, then he thinks of heaven as a place that he will find after death, and charts it in the sky.

Seek ye his kingdom, and these things shall be added unto you.—*Luke 12:31.*

I am free from all condemnation from others because within me there is no condemnation.

WE SHALL NOT be criticized and condemned when we see ourselves free from criticism and condemnation. If there is no thought of condemnation in us, then we shall not attract condemnation to us. If we are free from the spirit of condemning others, then we shall be free from receiving condemnation from other persons.

When we condemn another we do so because we have thought of ourselves as in position to do so. Such an attitude of mind belongs to personal consciousness. The person who thinks that he has the right to criticize or condemn others assumes a grave responsibility. He fails to recognize God as the supreme judge. He places himself in the consciousness of condemnation and, thereby, in position to be condemned himself.

Regardless of what another's personal problem seems to be, we have no right to condemn him for having the problem or for solving it in his own way. We cannot know all the motives for his acts. We cannot view his problem from the standpoint of his experiences.

If we discerned ourselves, we should not be judged.—*I Cor. 11:32.*

The blessings of God—peace, love, health, and plenty—are continually being showered upon me.

BLESSINGS come to us when we abide in the consciousness of blessings. If we live in the consciousness of health, then health is ours. If we abide in the realization of love, love is showered upon us. Blessings are found on every hand when we come to realize that our divine birthright draws them to us.

Man needs never to be apart from the blessings of God. He has but to turn his thought to God in order to receive God's blessings. He must cease to entertain thoughts of lack, and must replace these with thoughts of blessings.

The blessings of God are altogether good. When we are blessed by God, we feel an outpouring of light, peace, joy, love, health, and plenty. When we enter the consciousness of blessings, we find them coming to us from every direction. Blessings always attract other blessings. The person blessed with joy becomes blessed with health. The one blessed with love attracts a blessing of prosperity and success.

Prove me now herewith, saith Jehovah of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.—*Mal. 3:10.*

The light of Spirit within me is my source of illumination, and I have perfect understanding.



IN THE STUDY of Truth, we learn to cease to think of ourselves as ignorant or as wanting in understanding in any degree. We no longer think of ourselves as ignorant when we realize that we have but to turn our thought to Spirit within us and lay hold of illumination, inspiration, and perfect understanding.

Do you readily accept the fact of your inner illumination? Can you think of yourself as other than a child of light, governed and guided by your heavenly Father, your inner Spirit of light? How much more reasonable it seems for us to feel and know that we are children of wisdom than to suppose that we are creatures of ignorance and darkness!

The light of God within us is the light of heavenly illumination brought to bear upon our daily problems. We cannot be ignorant or in darkness when we face this light. We cannot be without the brightness of God's light and illumination when we cease to think of ourselves as other than children of light.

If you have a decision to make today, cease to think of yourself as hesitant, undecided.

Jehovah will be thine everlasting light.—*Isa. 60:20.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

June 20 to July 19

ILLUMINATION

The light of the Holy Spirit sheds its radiance into my mind, and I see with the inner eye.

HEALTH

I am renewed in the spirit of my mind, and my body is restored to harmony and health.

PROSPERITY

Jesus Christ reveals my true spiritual resource, and I rejoice in the bounty of God.

*The healing power of Christ within
me lifts me out of the belief in disease,
and I am healed.*



HEALTH comes to us through the inner realization of our oneness with the healing power of Christ. We cannot believe in the power of disease over us and, at the same time, believe in the omnipotence of God as our life. We cannot live in the consciousness of disease when we feel Christ lifting us to the realization of Truth as it relates to our health.

To experience healing we must turn our thought away from the race belief in the power of disease, away from the false appearance of disease, and behold the reality of our health in Spirit. We must think of Christ as actually present in our life, as abiding within us, and as raising us to His supreme consciousness of life and health.

The healing power of Christ takes place when we no longer give our thought to His absence or think of disease as related to us. Christ is ever present within and about us as perfect health, life, and strength. We are first healed mentally as we let go of belief in disease; then our physical health results.

Bless Jehovah, O my soul . . .
Who healeth all thy diseases.
—Psalms 103; 1, 3.

*The Spirit of wisdom, order, justice,
and plenty now takes charge of all my
affairs, and I am bountifully prospered.*

PROSPERITY is man's divine birthright. Even though he has been educated to think that poverty and failure may have their virtues, that he should submit to lack as being in some way the will of God for him, yet does he innately know that prosperity and success, after all, more nearly represent what he feels to be the dictum of God.

We now place our affairs in God's keeping, being free from all fear in finances, all doubt as to the outcome, knowing that God will bring good to pass and cause prosperity and success to appear. When wisdom, order, justice, and plenty are active in our affairs through the work of God, we know that all is in perfect adjustment.

The business that is stamped with poverty and failure becomes poor, or fails, through the belief in lack and failure. The remedy lies in change of thought. The individual who changes his thought from failure and lack to prosperity and success finds that prosperity and success readily manifest for him.

Prosperity is the outer manifestation of rich ideas.

It is your Father's good pleasure to give you the kingdom.—*Luke 12:32.*

I constantly abide in prayer, living in the realization that Christ within me is mightier than all else in the universe.

PRAYER is that attitude of mind in which we commune with God. If we were always in prayer, always abiding in the consciousness of our oneness with God, we would ever be in touch with the best things in life because these come through Him. By prayer we relate ourselves to the Christ within us and find that He is greater than the claim of external things, mightier than fear, disease, and failure.

Prayer causes us to feel our interrelation with our heavenly Father. We should not think of this as some mysterious, sanctimonious relation. The most natural and rational relation to be conceived of is that between man and his inner source of peace, life, joy, and power. We should cultivate the ability to turn often to God. There is no situation in our daily experience in which God has no place. Certainly, there is no circumstance in which we do not need to know that God within us is mightier than its seeming power.

By prayer we lay hold of our inner powers. We realize that we are something higher and nobler than that which we have appeared to be. Through prayer we find our relation to God.

The prayer of faith shall save him.—*James 5:15.*

*I relax from all strain and tension
and abide in the consciousness of God's
presence of peace.*

IF YOU find that events of the day make you tense, if persons about you cause you to be on a strain, take your thought off these and live in the realization of the peace of God. Let your mind relax and, thereby, bring about relaxation in your body. Be free of tense thoughts and relieve yourself of any physical tension.

Tension comes about from the belief that persons and things can affect or harm us. If we harbor the thought that such harm can come to us, we are filled with fear and our safety seems uncertain. Our giving our affairs into the hands of God often causes us to be relieved of the tension of uncertainty.

The consciousness of abiding in God's presence frees us from those beliefs which cause us to be tense. As we feel that God is with us, we know that nothing can be against us. We know that outer conditions cannot conspire against us when God is with us and His power is being exercised in our behalf.

If you would be free from physical tension, resort often to prayer. Think of yourself as living in communion with God.

The government shall be upon his shoulder.
—Isa. 9:6.

I am free from all outer distraction, because I am poised and centered in the stillness and quietness of Christ within me.



THE QUIETNESS of Christ within us is of such nature that when we turn in thought to Him we are free from all external noise, distraction, and confusion. This quietness makes us quiet when we learn to abide in it. The things of the external world no longer have power to rob us of the inner sense of quiet, when we learn to live in the presence of Christ within us.

The stillness of the inner presence proves so powerful that nothing of the world about us can harm or affect us when our attention is fixed upon Spirit. The persons with whom we deal in our daily rounds, the experiences that we have in our outer dealings, cannot affect us in any wise when we have learned to find the place of stillness within us and live therein.

Nothing of the external world has power over us when we take our thought away from it and give our attention to our indwelling Christ. The stillness and the peace of His presence have all power. When we are established in His quietness we are able to do mighty things.

Study to be quiet, and to do your own business.
—*1 Thess. 4:11.*

I am now unified with the good wherever it is expressed. Through Spirit, I am unified with the good in all persons and all things.

IN THE UNITY of Spirit we are joined to all the good in the universe. We are united with all this because our place in the great universal plan is definitely established. In reality we cannot be separated from our good. We cannot exist apart from God's good, His life, His joy, and His substance.

Learn to think of yourself as being so firmly united to God and His goodness that nothing in all this world can separate you from it. Rise above the belief that persons or things can keep you from knowing Truth, enjoying your good, or making your demonstration. Nothing can keep you from God. Nothing can prevent your abiding in the consciousness of God's goodness, your eternal good.

Let understanding and love join you with other persons. Know that in Truth there is but one person, the individuality of Spirit expressed through all the children of God. You are to behold this one being, God's perfect idea of man, wherever it is expressed.

Through Spirit you are united with the allness of God, the allness of good.

Ye all are one man in Christ Jesus.—Gal. 3:28.

Christ in me, my divine nature, is the source of my peace, my life, my joy, and my success.



AS WE meditate upon Christ within us, the divine spark that makes us akin to heaven, we find ourselves turning more and more away from those things in the outer life which have seemed to have power over us. Before the realization that Christ is within us, all things of the world must bow. When we are in this consciousness, aware of His presence of light, peace, and joy, we cannot be conscious of any adverse situation.

Christ within us is the source of every blessing that we need or desire. Our ability to bring good into our life comes through the activity of this presence. But one thing is necessary in order for us to do this: we must cease to think of outer things and give our entire thought to Christ within us.

Christ within us is that holy something which we know as always dependable, always with us, ever mightier than personal experiences or events of the day. We can go through any experience and be unharmed if we are conscious that Christ is within and about us.

The inner presence finally absorbs all our attention, and we learn to direct and govern our world through Christ within us.

Christ in you, the hope of glory.—*Col. 1:27.*

*My realization of Truth as it affects
my peace, joy, and life has set me free
from all belief in adversity.*



TRUTH, that spiritual philosophy by which we know our right relation to God and our fellow man, is our only means of escape from the adversities of life. If we have been believing in the power of negative situations, an understanding of Truth—of our supremacy over these—will deliver us. Truth, then, becomes the means by which we are lifted out of negation, depression, and failure into the consciousness of our innate mastery.

The "Spirit of truth" reveals to us Truth's activity and power. When we get into the spirit of a thing, we sense its presence and its life. The "Spirit of truth," then, reveals to us the existence of good when we are inclined to look upon the appearance of evil. Truth as it relates to health is revealed to us when we see the false appearance of disease.

The understanding of Truth causes a mental change first. The falsehood that we have believed gives way to the realization of Truth. Christ comes into His own when we turn from the falsehoods and falsities of life and think Truth with Him.

When he, the Spirit of truth, is come, he shall guide you into all the truth.—*John 16:13.*

I do not hold myself or others to misdeeds of the past. I forgive easily and thoroughly.

FORGIVENESS comes easily when we see things in their right relation. A study of Truth helps us in this respect and, consequently, students of practical Christianity find that they can forgive readily. In the first place, we have no right to hold others today in the thought of their misdeeds of yesterday. Secondly, we give little weight to what others think of as evil. If another has a situation to handle, a personal problem to solve, our part is not to condemn that one. We must set him free through forgiveness.

Forgiveness is a process of clearing from our thought the adverse belief that we entertain about God's perfect child. If we entertain negative thoughts about ourselves, we must free ourselves through this process of forgiveness. If we accuse others of misdeeds, we not only need to free them from our accusing thought but also need to keep this out of our own mind, for the sake of being healthy-minded.

When we forgive, we reap more benefits ourselves than does the one whom we forgive.

Whatsoever thou shalt loose on earth shall be loosed in heaven.—*Matt. 16:19.*

The Spirit of wisdom in me reveals to me this day the path that I should choose, the steps that I should take.



ONE WAY is the right way. Although there may appear to be several paths before us, but one is the way of Spirit—the path of wisdom, peace, joy, and success. When we are established in Truth, this way is revealed to us. We do not think of several paths to be taken when we know that we can take the way of Spirit if we will but be spiritually led.

If you are undecided, hesitant, about a decision or choice, cease to try to reason things out in an intellectual or personal way. Realize that Spirit within you is trying to reveal to you the right road, and try to see just what this is. You cannot go wrong when you let Spirit decide such things for you.

Your way becomes hard and difficult only when you try to act without consulting and obeying God. You become undecided only when you think of many paths. You hesitate to advance only when you lack the realization that God is with you at every step. Do you not see that you must take God as your partner in your affairs and consult Him in your movements?

Make straight paths for your feet.—Heb. 12:13.

THURSDAY, JUNE 30

Through the power of Christ in me I have dominion over my thoughts, my affairs, and my entire world.

DOMINION over all things is given us through the power of Christ within us. We cannot think of things of the external world as having power to master us when we realize this principle of Truth. We cannot believe that external things can have dominion over us when we know that Christ within us has absolute dominion.

Do you think of the belief in disease as having any dominion over your body? Then know that Christ as health alone has power and authority. Do you think of failure as having dominion over your affairs? Then know that Christ as prosperity and success has such dominion over your affairs as to establish Himself as your prosperity and success.

We have perfect dominion over our world to the extent that we can rule out of mind the belief in powers opposite to God. If we think of failure or disease as having power over us, then we do not believe in God as having absolute dominion.

To believe in God's perfect dominion is to relieve ourselves of the belief that sin, evil, disease, or failure can have any dominion over us.

The upright shall have dominion.—*Psalms 49:14.*

FRIDAY, JULY 1

On this day we celebrate *Unity Daily Word's* eighth birthday. A great number of our students have studied all the daily lessons since the first number appeared in July, 1924.

Many of our friends have a happy custom of sending in new subscriptions at this time to help us celebrate. In the name of *Unity Daily Word*, we thank you for your generous support of this work.

NOTICE TO OUR CANADIAN FRIENDS

In order to coöperate with our Canadian correspondents, the following plan has been devised:

Canadian money now will be accepted from Canadian correspondents by the Unity School of Christianity as on a par with United States funds.

For any Canadian money received in payment of subscriptions or literature, or as offerings, we shall give credit for the same amount in United States funds. In order to take advantage of this plan, remittances must be sent by check payable in Canada, express orders payable in Canada, Canadian currency, or Canadian *postal notes*. If money is sent by Canadian *postal money order* no saving can be effected, for Canadian postal money orders payable to us would be payable only in the United States, and exchange charges will be deducted when you purchase the order.

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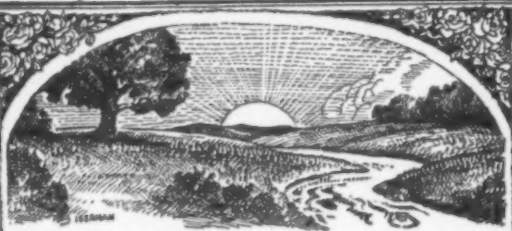
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DAWNING

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of morning be
to you as the 
beginning of life.

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